



# Ergonomic Principles

## 1 Who Should Attend . . .

This program is a must for anyone concerned about health and safety on the job including:

- ▶ Managers concerned about liability and workers' compensation costs
- ▶ Employees who want to learn proper techniques for protecting their safety and health at work
- ▶ Business owners who want to learn about compliance with MIOSHA

## 2 Why You Need This Seminar . . .

- ▶ To reduce disabling injuries and illnesses to employees - and to ensure that every worker goes home safe and healthy every day.
- ▶ To reduce the high direct costs of work-related injuries, which grew to \$42.5 billion nationally in 2000, and indirect costs, which were estimated at an additional \$127 - \$212 billion in 2002. (*2003 Liberty Mutual Safety Index.*)
- ▶ To enhance your company's bottom line. A strong safety and health commitment not only protects workers, it also reduces worker's compensation costs, improves employee morale, and increases production and quality.

## 3 What You'll Learn . . .

This program gives direction to employers who want to establish an ergonomic program in the manufacturing environment. Using the NIOSH Ergonomic Primer as a guide, participants will be able to look for signs of cumulative trauma, develop in-house expertise, gather evidence of ergonomic problems, identify controls and implement a proactive ergonomic program. Examples of successful ergonomic innovations in the manufacturing sector are presented. Problem jobs are also discussed and corrective recommendations are reviewed. Focus is on the implementation of engineering controls, including material handling, hand tools and workstations. Using job safety analysis as an ergonomic tool to identify the tasks and subtasks of a job is emphasized. Ergonomic awards offered by the MIOSHA program will be explained.

### Agenda

*We offer a flexible  
program agenda  
to emphasize the  
topics you  
want most.*

- ▶ What is Ergonomics?
- ▶ Signs of Cumulative Trauma
- ▶ Identifying Controls
- ▶ Implementing a Proactive Approach
- ▶ Ergonomics Innovations

# Facilitator

Barry W. Simmonds brings more than 20 years of safety related experience to the CET division. Barry started as an Air Force Fire Protection Specialist gaining experience in almost every position in the fire department. Barry then transferred to the Air Force safety program as the Non-Commissioned officer in charge of the 410<sup>th</sup> Bomb Wing ground safety office at K.I. Sawyer AFB. (He also served a tour as the Chief of Safety for U.S. Forces in the country of Honduras.) In all of these positions, Barry had extensive safety training responsibilities.

After leaving the Air Force, Barry joined the Department of Corrections as a State Certified Fire Inspector and came to MIOSHA in 1997 as a general industry enforcement officer for the Port Huron area before joining the CET team in 2004. Barry has degrees in both safety and fire science technology and is responsible for the Upper Peninsula region.



**Barry Simmonds**  
*Occupational Safety Consultant,  
MIOSHA, CET Division*

## Program Details

DATE:	July 26, 2006	TIME:	Check-in - 8:00 a.m. Program - 8:30 a.m. to 4:30 p.m.
LOCATION:	Pioneer Surgical Technology 375 Riverpark Circle Marquette, MI 49855	DEADLINE:	Register by July 20, 2006 Enrollment is limited to 40 participants, so please register early!
COST:	\$60 per person, includes lunch and course materials.	CONTACT:	Rebecca Stachewicz - 906.226.6591 or beccas@marquette.org

**COSPONSOR: Lake Superior Community Partnership**

If this valuable seminar doesn't fit with your schedule or position, please pass this flyer on to a colleague.

## How to Register

Ergonomic Principles

Complete information at right to register  
by . . .

► **Phone:** 906.226.6591  
► **Fax:** 906.226.2099  
► **Mail:** Lake Superior  
Community Partnership  
501 South Front Street  
Marquette, MI 49855  
attn: Rebecca Stachewicz

Name: \_\_\_\_\_  
Company Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Fax: \_\_\_\_\_  
Number Attending: \_\_\_\_\_ @ \$60 each = \$ \_\_\_\_\_

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